

South Locality Group Minutes



**ASD Helping Hands,
Breckland Business Centre,
St Withburga Lane, Dereham,
NR19 1FD**

Agenda



Update on the Learning Disability Partnership Board



Priority 2 in the Learning Disability Plan - Being Healthy



Discussions

NO



At the group there was no self-advocates representation.



We asked parents and professionals supporting people with Learning Disabilities the following 3 question



What needs to change?



What help do you need to go to and use the doctors or dentist?



How do we help people have a healthy diet, exercise more and lose weight, if they need to?



What help do you need to make choices about sex and relationships?

What help do you need to go to and use the doctors or dentist?

No dentist –
unaffordable

111 can help

Support to
go with me

Never see
Dr, always a
locum Dr

Nurse
Practitioner or DR
to do health
check for
30minutes

Needs to be
more
awareness
on bowel
screening
and breast
screening

Double
appointments
needed – 10
minutes isn't
enough

People with
Learning
Difficulties
need help with
menopause



How do we help people have a healthy diet, exercise more and lose weight, if they need to?

Educating people more

Weight Chart

Nature walks

Slimming world

Outside activities

Health checks on weight

Other comments

Concern that some Day Care Centres have drink and chocolate machines



What help do you need to make choices about sex and relationships?

How to be safe

To feel comfortable talking about it

Different culture backgrounds

Different religions – different beliefs

Tv

Need more understanding about consent



Date of Next Locality Group Meeting



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